r/MtF • 3y ago
JessicaPink703 Legal Researcher

Detailed Transition Guide for Trans Women & Transfeminine People

Last Updated: 09/20/2025
Hi everyone, I'm Jessica! I've been a trans woman for around three years now, and I wanted to write this guide for those of you who have just figured out you are a transfeminine person to give you some ideas and resources on how to get started with transitioning. Let me start out by saying that there is no right or wrong way to transition, but I will personally share how I did it here with resources to provide a starting point:

(1) Get your name and pronouns decided and set, you need to cover your bases on who you are first. My suggestion would be to use a gender specific name (making it easier for you and others to learn to recognize it) that is close to your deadname but of course with it clearly specifying your new gender.

(2) I suggest getting your underwear and bras/forms together in order so you can do regular women's clothing. Here are links for my recommendations:

- I suggest using TomboyX for your Bralette and forms which will allow you to appear to have boobs before HRT (and even after): https://tomboyx.com/collections/bralette and https://tomboyx.com/products/foam-bra-inserts-white
- I suggest getting bottom Panties from LeoLines on Etsy which will feminize your bottom area's appearance without needing to tuck (follow the sizing instructions provided in the description to make sure they fit): https://www.etsy.com/shop/LeoLines

(3) Next step, hair. Growing it out and getting proper haircuts is obviously a way to do it, but a lot of us will want hair extenders instead while we grow it out. I suggest checking out the Hair Extenders here from Ulta (and if you need an actual wig due to balding, I suggest finding a local salon that specializes in wig fittings, never hurts to call and ask if the place is trans affirming before going): https://www.ulta.com/shop/tools-brushes/accessories/hair-extensions?N=27gl

(4) Makeup is the next step to get the ultimate girl vibes! I suggest you use three products to make your face appear more feminine and skip doing any more (as these three manipulate the light on your face). Lipstick, blush, and mascara. It takes a bit of practice finding the right types, practicing how you do it, and getting the color right, but it will totally be worth it! Stores like Ulta Beauty can help you find which ones match your hair and skin color best, or you can experiment with apps like YouCam Makeup to find the right ones.

(5) Get your new wardrobe together! I myself (biased because I'm my local store's former Fitting Room Lead) suggest shopping in the women's section at Old Navy. With our beautiful and proud Body Equality initiative in everything, you are sure to find something that fits you (and it's so lax and accepting with the brand being so LGBTQ+ focused and inclusive no one cares what clothes you try on even pre transition, often with gender neutral Fitting Rooms). I myself suggest keeping your eye on their WOW Deals and $15-and-under items that fit about anyone with their flexibility and beautiful designs!

(6) The next step, once you are ready, is to put everything into action and start living your life fully just as any other woman would (including coming out, dressing as such, using the women's restroom, using your name and pronouns, etc). Congratulations, you have successfully socially transitioned! Now time to explore medical and legal changes you will likely want to make.

(7) Hormone Replacement Therapy (HRT) is for most people the beginning of their medical transitions. But let me stress this, you can be trans and a woman without it! Doing HRT or not doing it makes you neither. But, if you experience Gender Dysphoria, the changes physically to your body are often medically necessary for many to help improve your quality of life. You will want to have this done under the supervision of an experienced and licensed healthcare professional, as DIY HRT can be deadly. These professionals can later refer you for surgeries if you wish to pursue them as part of your journey. Here are two sources you can obtain it from often for little to no cost:

- If a Planned Parenthood near you happens to offer HRT and you are in the United States, they will likely be your go to place. Many of them accept Medicaid and Medicare (if you qualify for the former based on your income and are not in one of the few states that restricts coverage for trans people, which I might add is illegal and I suggest reaching out to a nonprofit attorney if you have problems with insurance covering it), and often other financial assistance programs too. Enter in your location at this link to see if one near you offers HRT at this link: https://www.plannedparenthood.org/health-center?location=Chicago&service=lgbtservice&channel=any&page=1
- If you are outside of the United States, are in a state with little to no providers, with transition bans, couldn't find a Planned Parenthood near you, or have poor/no insurance, I suggest an international provider called

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A Safe Have
This subredd
specifically f
feminine folk

Created Ju
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366K
Weekly visitors

USER FLAIR
Jessica
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GenderGP (Plume is another potential similar US option). They are a reasonably affordable virtual provider that has experienced and licensed professionals to provide HRT to anyone almost anywhere in the world (they do not take insurance, but are close to at cost rates, currently around $1k USD all in a year): https://www.gendergp.com/

- If you are in the USA and want to use GenderGP, I suggest they send your prescription to CostPlusDrugs (works even in states HRT is banned), who can mail prescriptions anywhere in the United States cheap with no insurance: https://costplusdrugs.com/
- Trouble affording, over 18, and facing Medicaid bans in the US? Take a look here: https://www.pointofpride.org/hrt-access-fund#requirements

(8) Finally, I'd like to touch on changing your legal name and gender in the United States (will not cover other countries in this guide, since each one is different). All states allow you to legally change your name by means of obtaining a court order. Here is how to update your identification documents:

- You may wish to change your legal name by petitioning your applicable local state or county court with the correct documentation. Some states also permit people to change the legal gender on their Birth Certificate and/or Driver's Licenses through this process (and I will provide how to obtain corrected equivalent federal documentation to use instead if your state does not allow this). Be sure to obtain several Certified Copies of the court order. This page will provide you the basic information you should need in finding out the individualized process for your state: https://transequality.org/documents
- Once you obtain a Certified Copy of the Court Order for the name change, you will need to update your legal name with Social Security prior to updating your ID and/or Passport. You can start this process here: https://www.ssa.gov/personal-record/change-name
- For identification purposes in every state and country (without needing a Driver's License, Birth Certificate, or Photo ID for almost every identification purpose), I encourage every trans person to apply for and get both a Passport Card and Passport (and do a new application/renewal as applicable if you already have one). You are able to select and legally register yourself as any gender you choose without need for medical documentation with an attestation, more information here and on the State Department's website: https://www.reddit.com/r/MtF/comments/1lq5yn9/how_to_update_sex_on_us_passports_from_legal/
- You will also want to update your name and gender as applicable once you have your documentation with your workplace, school (to either update transcripts or active enrollment records), credit bureaus, your bank, voting registration, and health insurance, among potential others. You will need to contact each individual institution to see their process for updating it.

(9) One major thing if you have already undergone male puberty before transitioning is voice training. This helps your voice sound more feminine. You can ask for referrals for this service from your HRT provider for the safest approach without the small risk of damaging your voice (including surgery if it fails, although that is rare). If you want to give it a go by yourself like I did, I suggest having friends comment on how it sounds since none of us can hear our own voices fully naturally as others perceive them (recording and playing back your voice helps too). There are many YouTube videos on MtF voice training like those by Stef Sanjati, which I have successfully used in the past. There are also apps you can download like the Christella VoiceUp App dedicated to feminizing your voice.

(10) Since most of us want to shave in some way (both cis and trans women), I cannot recommend this product enough. It's the ideal women's electric shaver that you can reuse over and over again on every part of your body that I have used since day one: https://www.amazon.com/Panasonic-Electric-Cordless-3-Blade-Operation/dp/B09DLCMLRL/ref=sr_1_1?crid=MYU9PWB8WASO&keywords=panasonic+women%27s+shaver&qid=1686611112&sprefix=pansonic+women%27s+shave%2Caps%2C129&sr=8-1

(11) Someone mentioned nails, I love to get cheap polish at Dollar Tree to make me feel super girly! It takes practice and making sure your polish hasn't gotten completely gooey, but once you get those down it makes doing them very economical. ;-)

Will keep this up to date as time goes on, DM me if you have any questions or need help!

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Ssir1 • 3y ago

I may have jumped the gun abit, I'm on step 7 before I've even picked a name. I know it's what I want, but I have no idea how to pick a new name

27 Reply Award Share ···

lizardlike • 3y ago

Heh yep, I'm six months into hrt, dressing sorta fem regularly, but still don't have a new name lol. It's a hard decision!

I also waited until I literally had no choice to start wearing bras : P

8 Reply Award Share ···

VDRawr • 3y ago
30yo pan transfem

I'll admit I only skimmed OP's post, but it all seemed like great advice, except for making it an ordered, numbered list.

It's your transition, do it in the order that makes sense to you. Some of us are on HRT for years before doing anything else. Do what makes sense in your life.

44 Reply Award Share ···

JessicaPink703 OP • 3y ago
Legal Researcher

That's why I specifically said at the beginning that it was how I did it that I was sharing and that there is no right or wrong way to do it.

12 Reply Award Share ···

Alessandra-Goth • 3y ago
Trans Bisexual

LITERALLY THIS!! I was told in no uncertain terms the order in which I was *supposed* to do everything to transition and it scared me away for 8 years!!! Absolutely NEEDS to be done on each person's individual timeline/preferred order

10 Reply Award Share ···

rev_tater • 3y ago • Edited 3y ago
attack and dethrone god

you have not jumped the gun. where informed consent care exists, some people definitely figure their shit out about themselves and then decide to hit HRT first before socially transitioning.

honestly if you search around the subreddit for "male fail" threads you'll find a lot of people doing it

for adults, social transition prior to medical transition (especially as prescribed by doctors) hearkens back to the hellish and frankly barbaric practice of "real life experience." it just doesn't work in a horribly transphobic society.

not saying OP's a secret Ray Blanchard alt but social-transition-first is not the only way

6 Reply Award Share ···

absolutely-harmless • 3y ago
Big Ol' Transbian

I would recommend against quite literally every trans voice app that exists. They're all either run by cis people who want your money or they're simple pitch monitors. Pitch doesn't actually affect gender perceptions, counter intuitively. Think mickey mouse voice, really high pitch, still sounds like a boy. I'd also recommend against getting an SLP from you health provider, as none of them have any training on trans voice, it is not taught as a part of their education and they won't have any resources to reference. If you get an SLP, they're going to be ad-libbing the entire time.

I know those are some very strong claim, but I've been teaching trans voice for almost 3 years now with many very real graduates and testimonials. Instead, I would recommend guides written by trans people that describe trans voice. L's guide on reddit is great, as is Zhea's guide on youtube, though neither are very neurodivergent-friendly. I also teach voice myself, so here are my resources:

I have free neurodivergent friendly guides to take any gender voice and make it into any other gender voice. I also give free, unlimited 1-on-1 lessons if you need them! If you take regular lessons, most of my students reach their goal voice within 6 months!

Here's an example for feminizing. All of the transmasc voices I've helped train preferred not to be recorded, so sadly I don't have an example of that. However, it is absolutely still possible for non-T, pre-T, and even post-T!

23 Reply Award Share ···

ImReallyDani • 3y ago
Danielle

Agree about pitch not being that important. I do still find the voice tools app useful if you disable the pitch gender markers and use it as a playback tool. Its playback system is nice since it auto-records and lets you hit a button anytime to hear the last X seconds. Lets you use the most useful voice checker, your ears (some of us struggle to do that while we're talking). You can also see the pitch graph which can be useful when you're playing with intonation and inflection.

3 Reply Award Share ···

absolutely-harmless • 3y ago
Big Ol' Transbian

For those purposes I would agree that it's super useful!

1 Reply Award Share ···

Somesortofconfused • 3y ago

I do think that https://acousticgender.space/ is a useful tool as it measures resonance as well, though obviously needs to be used in conjunction with other lessons.

2 Reply Award Share ···

absolutely-harmless • 3y ago
Big Ol' Transbian

That one is the best of them, though it rarely works on a phone hence "all apps are bad." Even that one is far from perfect, and specifically has a heavy bias against masculine voices. It's more of a proof of concept than anything, which was the goal as stated by the documentation. I'd take it's results as a suggestion at best, and it's still not really enough to rely on for consistent feedback.

1 Reply Award Share ···

truemeharly • 1y ago

I have joined this group in discord and with a lot of my dysphoria I haven't 100% trained as I should but the little that I have done has extremely made me feel a lot better. I just need to get off my ass and give myself a little more push to keep going!

1 Reply Award Share ···

Somesortofconfused • 3y ago

I'd add that nail polish and shaving (particularly legs) are some pretty easy things you can do early on that help you embrace what you know to be your feminine side without raising too many questions from people.

One question - any tips on starting to dress as a woman when my body is, to put it bluntly, not very woman shaped? I've not been living the healthiest so my "waist" is about 5" more around than my hips whereas most women's clothing is designed for the opposite. I've been able to get by with things like sweaters that can ride pretty loosely and skirts that I just wear down around my hips, but I would love to be able to rock more woman's fashion but struggle to find any that fits at all. (And I know that some sites exist that let you get custom fits, but between a combination of planning some weight loss and hoping HRT will come soon and help redistribute some of the fat it doesn't seem worth investing in those)

9 Reply Award Share ···

JessicaPink703 OP • 3y ago
Legal Researcher

Also, added my shaving and nail polish recommendations to the guide :-)

2 Reply Award Share ···

Odd_Environment6526 • 2mo ago

Hello, hello. Could I talk to you?

1 Reply Award Share ···

riffybol • 10mo ago

Everything makes sense now

2 Reply Award Share ···

JessicaPink703 OP • 3y ago
Legal Researcher

That's why I recommended the Everyday Magic items at Old Navy in Women's with our body equality, they should fit you! ;-)

2 Reply Award Share ···

not-Duex • 3mo ago

How do I shave my legs I'm really bad I have a electric one that's made for faces and it doesn't work

1 Reply Award Share ···

MostlyZoey_ • 2y ago
On Estrogen 3/13/2024

Question about number 2, why are you advising to get LeoLines over TomboyX underwear? Is it because you don't think it's safe to tuck regularly, or because it's just more comfortable not to? I haven't tried tucking often and from what I've heard it's relatively safe to do it most of the time except for sleeping, especially once you're on HRT.

5 Reply Award Share ···

JessicaPink703 OP • 2y ago
Legal Researcher

Because LeoLines panties are specially designed, you don't have to tuck while still getting the feminine appearance! It is far more comfortable, in my view, to have underwear that fits your body versus having to make your body conform to the underwear.

9 Reply Award Share ···

[deleted] • 3y ago

Didn't expect this to be an old navy ad. /jk

3 Reply Award Share ···

Maybelline_golden • 3y ago
Trans Heterosexual

Snuck that in, man these reddit ads getting sneaky

7 Reply Award Share ···

Kimberlyannmarie • 2y ago

Thank you soo much for this well thought out kind and caring post! I just went to my first therapy and am committed to transitioning so this post means soo much to me. I find myself In tears 😭 Again, thank you!

3 Reply Award Share ···

[deleted] • 7mo ago

Thanks for the post !

2 Reply Award Share ···

not-Duex • 3mo ago

Saving this for later

2 Reply Award Share ···

187SkalmtonLeita • 1mo ago

69th comment, nice (I am mature probably)

2 Reply Award Share ···

[deleted] • 2y ago

prrreeessssss onnnnnnn naaaiiiillllsssssssss

1 Reply Award Share ···

missprettyinadress • 3y ago

Oh this is beautiful! I've been thinking about writing a guide book

1 Reply Award Share ···

BabyYoda-13 • 6mo ago

You mentioned feminizing your bottom areas.. I'm a femboy & my privates are really little. I don't want anyone to see them, I don't want anyone to notice them at all! Are you talking about certain types of panties that make it look like nothing is there? Or do you mean bottoms that shape your body, like your butt? 🤔 Eiter way, I love your ideas & you sharing them with the community is just an awesome thing! Ty (:

1 Reply Award Share ···

NewVegasGender • 3y ago

For hair, I cannot recommend enough to find a hair stylist who you are comfortable with and ask them for advice on how to take care of your hair. No amount of reading on the subject will be better than a professional giving advice for your specific hair. Also, counter intuitively, the fastest way to grow your hair out is to get regular trims. 6 to 8 weeks is a good interval but again, follow the advice of your stylist.

49 Reply Award Share ···

JessicaPink703 OP • 3y ago
Legal Researcher

True, I had several great stylists that helped me naturally grow out my hair! Just need to make sure you trust whoever is doing your regular haircuts and helping you grow it out 😉

10 Reply Award Share ···

NewVegasGender • 3y ago

Yup, I found my stylist via recommendation from a friend. I never actually told her I am trans be she's almost certainly caught on based on my requests

6 Reply Award Share ···

missedvalentine • 3y ago

10 is one of the best purchases I have ever made

1 Reply Award Share ···

PoieWoie • 3y ago

Did I miss one of the most important steps?

Laser and then electrolysis. Start early! It takes time.

5 Reply Award Share ···

JessicaPink703 OP • 3y ago
Legal Researcher

I never needed it, just needed a good shaver like I mentioned in #10, and it didn't hurt that HRT slowed my body hair growth to a snail's pace.

2 Reply Award Share ···

WeLostTheSkyline • 2y ago
Transgender

This is fantastic! Wonderful information thank you so much for taking the time and care to write this up for the community!!! 🩵💗🤍💗🩵

1 Reply Award Share ···

Life_Departure7587 • 1y ago

Hi, I just had this discussion with a therapist and she said I suffer from gender dysphoria and is writing me a letter to give to my doctor and she said I would need this letter during my transition. Her concern was I am 6'2". And overweight with a thick beard. I have known I was in the wrong body my whole life.

1 Reply Award Share ···

JessicaPink703 OP • 1y ago
Legal Researcher

Buy yourself a good electric shaver, such as the one above and cut that thing off. Being tall and overweight shouldn't impact your transition, I don't know why she mentioned that.

1 Reply Award Share ···

Life_Departure7587 • 1y ago

She said my weight would distribute and the my beard seems thick and that I would have trouble with my height. It has me questioning this decision before I start, I talk to my doctor in two weeks about starting this and now she has me questioning my life long decision

2 Reply Award Share ···

Cuck_sissy4Ever • 1y ago

Is there any way to start transition discreetly. I am married male based in US. Wife is a physician and doesn't support the idea of me transitioning. We share the same insurance. I reached out to planned parenthood and it's very expensive for me without insurance. Any guidance will be helpful

2 Reply Award Share ···

JessicaPink703 OP • 1y ago
Legal Researcher

Two options:

1. Start HRT with Plume (a virtual HRT service) and pick up a discount card at your pharmacy ($99/mo all in): https://getplume.co/services-pricing/
2. Insurance should not notify your wife of you starting HRT as long as you don't change your legal name or gender, you can purchase government subsidized health insurance if she drops you at Healthcare.gov

Skip to main content

2 Reply Award Share ···

Cuck_sissy4Ever • 1y ago

The benefit statements show all medications and everything on the insurance profile so she would still be able to see it all...

2 Reply Award Share ···

JessicaPink703 OP • 1y ago
Legal Researcher

Then my first option is probably it, no insurance required.

2 Reply Award Share ···

Cuck_sissy4Ever • 1y ago

Started HRT...

3 Reply Award Share ···

JessicaPink703 OP • 1y ago
Legal Researcher

Yaya, so happy for you sis <3

3 Reply Award Share ···

Cuck_sissy4Ever • 1y ago

Thanks dear.

2 Reply Award Share ···

truemeharly • 1y ago

Does this really work well. I'm in a bit of a struggle wanting to start treatment ASAP, only issue with me starting right now as I want is that due to circumstances I live in South Carolina temporary and I'm not sure for how long, but all my insurance stands current in North Carolina where I will eventually return to due to that's where I want to be anyway. Any tips or advice for me?

1 Reply Award Share ···

Cuck_sissy4Ever • 1y ago

Hi, find a planned parenthood near you. As long as you have insurance, they should be able to see you and get you started if you qualify. They also have cash options. So there are

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lovergirl_enthusiast • 1y ago

I know it's been 3 months, but I personally use singlecare, goodrx, or buzzrx (depends on what has the best deals at the time) for all of my meds (spiro, progesterone, estradiol). They are completely free and lower than my insurance 99% of the time. You would still likely need to use insurance for your psychiatry visits, labwork, and physical checkups but it's a start! That being said, changes are pretty noticeable after even just a few months; they're subtle at that point but someone who sees you every day would probably notice a change. While transitioning discreetly is possible, it will be hard and lead to some bad faith conversations if discovered. There are a lot of different options, many of them with hard and potentially dangerous outcomes. I highly recommend seeing a queer friendly therapist to help you with the stress that can come from this if you have not already. good luck! xoxo

1 Reply Award Share ···

[deleted] • 1y ago

[deleted] • 1y ago

riffyboi • 10mo ago

Incredibly helpful

2 Reply Award Share ···

queerasfolkmagic • 9mo ago

Thank you for this! While I appreciate everyone's journey is different, sometimes a step by step guide is really helpful! I have spent ages on google trying to find something just like this.

2 Reply Award Share ···

The_Morrigan_2003 • 4mo ago

If I applied for GenderGP, do I have to pay for membership? I'm new to transitioning and I really don't have a work to pay for my transition.

1 Reply Award Share ···